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## Manliest month of 'em all? Movember

 The hows and whys of letting it  
all hang out

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## Rainmen falling on hard times

 Team drops both games to  
open season, poor turnout  
for Sunday matinee

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## VIDEO NOT ALL IT'S CRACKED UP TO BE: FORD

 EMBATTLED TORONTO MAYOR  
APOLOGIZES FOR (ONLY) PAST  
MISTAKES; SAYS VIDEO IS  
EXPLAINABLE

**PAGE 6**


## COUPLAND TEMPS AT METRO

Renowned Canadian author Douglas Coupland, second from right, is publishing an exclusive 20-chapter fiction story, **TEMP**, in Metro each weekday starting today until Nov. 29. The series is focused on a character that could one day be you, Metro reader. The author, who popularized the term Generation X, worked with editors at Metro's head office on the collaboration. From left, Melita Kuburas, Quin Parker, Amber Shortt, Fernando Carneiro, Lacy Atalick, Coupland and Mark Charles. Turn to pages 2 and 9 for more. DAVID VAN DYKE/METRO

## Criminally responsible?

**Glen Race.** N.S. court  
to decide Dartmouth  
man's fate


Glen Race THE CANADIAN PRESS FILE

A Nova Scotia court will hear evidence this week on whether a man who pleaded guilty to the 2007 slayings of two Nova Scotia men is criminally responsible for his actions.

Glen Race, a 32-year-old from Dartmouth, avoided trial after pleading guilty in September to the first- and second-degree murders of 45-year-old Trevor Brewster of Cole Harbour and 44-year-old Michael Knott of Timberlea.

Both the Crown and defence agree Race — who has been diagnosed with paranoid schizophrenia — is not criminally responsible.

The five-day hearing will begin Monday with a "pivotal day" when both the Crown and defence will present evidence and read the facts into the court record, said Chris Hansen, a spokeswoman for the Nova Scotia Public Prosecution Service.

Psychiatrists for the Crown and defence will also testify

throughout the week.

Lawyers will make closing arguments on Friday, after which a judge will decide whether Race is criminally responsible for the murders.

Race was extradited to Canada three years ago after being caught in Texas trying to cross the United States border into Mexico in 2007. He was sentenced in the U.S. to life in prison with no eligibility for parole in the shooting death of another man in upstate New York in May 2007.

Following court matters in Canada, Hansen said the agreement with the U.S. is that Race will be returned to America to complete his life sentence.

GEORDON OMAND/FOR METRO

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# Aiming for hire ground

Letter from the editor

## Young, smart and living in an uncertain world

CHARLOTTE EMPEY  
Editor-in-Chief

You know the Metro mindset: we're smart, quirky, rule

breakers and über disrupters. So you won't be surprised — but we do hope you'll be excited — about an exclusive collaboration with celebrated Canadian author Douglas Coupland.

TEMP, serialized fiction running in Metro each week-day from today to Nov. 29, explores what it means to be young, smart, and only temporarily employed, through

the eyes of a contemporary cast of characters just trying to carve a place for themselves in an uncertain world.

Temp opens with: "Greetings. My name is Shannon. I'm a temp, but more than that, I'm the future of employment in the Western world. Sure, you may have a job right now, but one day you'll be me."

When Douglas ap-

proached us with his concept for a serialized narrative we jumped on the opportunity for a partnership. Douglas has been described as possibly the most gifted interpreter of North American pop culture writing today — and TEMP more than lives up to his reputation.

When I asked Douglas why Metro, he told me, "Metro is the tom-toms of the

global village. It's the new face of old media. It reaches millions of people who devour every word and it all ends up being discussed in lunchrooms, meeting rooms, and dinner tables around the world."

And what does TEMP say about Douglas's take on tomorrow?

Read on! The first installment is on page 9.

## Like alien eggs inside your brain

In the next four weeks you'll be reading the daily story of a very likeable character named Shannon. You already know Shannon — everyone knows Shannon — you may well be Shannon. She's that slightly geeky gal who temps at every office you've ever worked at. She's funny, she's got her head screwed on right, and most of all, Shannon lives in our collective real world. She lives in the year 2013 and Shannon's world is changing and mutating as rapidly as yours.

Change: that dreaded word. If only we could have a one-year holiday from change — but that's not going to happen and we all know it. So then, how do we make the most of life as it's really lived? How do we cope and find the good stuff amidst the

Dépêche fiction

**A traditional novel will always be central to human civilization, but I get the impression a new form of storytelling is being called for. I call it dépêche fiction: fast-changing fiction.**

bad stuff? That's what Shannon's all about.

But wait. Why Metro? And why me writing about a character named Shannon in Metro? Two reasons. One: I always set my books in what I call "the extreme present tense." As living creatures, the present moment is all we have. It truly is... it's freaky

and messy and weird. But it's ours and soon enough the present tense will become the Good Old Days — so enjoy it.

Two: I'm no longer sure if fiction is keeping pace with life and how we live it. I'm a born experimenter and I want to try something new to address this lack. I've said it before, and I'll say it again: as a species we've never been smarter yet we've never felt more stupid. We live in a world of devices and clouds and economic bubbles. A traditional novel will always be central to human civilization, but I get the impression a new form of storytelling is being called for. I call it dépêche fiction: fast-changing fiction. (Yes, kind of like Depêche Mode, a band I totally



like.) Dépêche fiction is a cappuccino hit. Dépêche fiction is a really awesome Russian dash cam clip. Dépêche fiction is written so that it accumulates in your brain over time, and then, just like alien eggs, it suddenly hatches and makes your brain say, "Hey! I'm feeling something tingly and new! And BTW, I've overtaken your existence!"

What to expect? Well, it's not The Office, and it's not a comic strip. TEMP is something new — and you get to

be a part of the experiment. And Metro is the perfect slot for TEMP. Metro is read by people who are out there in the world living a full-on modern experience. Fiction is about readers being able to say, "Wait — that's how I see the world!" And I hope that's what you feel. And now let the eggs hatch.

DOUGLAS COUPLAND

## If squeezed right, lemon senators could turn into lemonade for Tories

Conservatives are hoping a vote to suspend three errant senators without pay this week might help turn the page on a scandal that has jammed their political momentum for months.

MPs and a handful of senators are returning to Ottawa from Calgary after wrapping up a two-day biennial policy convention that just might have added another chapter or two to the saga however.

"Honestly, what most of our MPs are hearing from constitu-

ents is that they're sick of the whole story and the issue, they want to see something decisive done in terms of accountability and then to move on," Employment Minister Jason Kenney said in a weekend interview.

"I hope that the Senate makes a decision on that motion as soon as possible and I do hope that we can make some lemonade from the lemon of this whole issue by re-energizing efforts for fundamental Senate reform."

THE CANADIAN PRESS



Stephen Harper and Laureen Harper  
JONATHAN HAYWARD/THE CANADIAN PRESS

## Fight not over. Minorities, women in military suffer more harassment: Survey

Women, aboriginals and visible minorities in the Canadian Forces say they experience higher rates of sexual and personal harassment than their peers in the military, according to a survey that found many don't bother reporting it for fear of being labelled troublemakers.

The Canadian Forces Workplace Harassment Survey found that over a 12-month period, 16 per cent of Can-

adian Forces members who took part in the research experienced personal harassment, which could include offensive comments relating to race, religion, sex or physical traits.

Of that, roughly one third of so-called designated group members — aboriginals, visible minorities or people with disabilities — said they suffered some form of personal harassment. THE CANADIAN PRESS



## Virtual Everest not for the faint of heart

The Arthritis Society of Nova Scotia raised more than \$16,000 in its first ever Virtual Everest endurance challenge on Sunday. Participants had to either walk or run to the top of Citadel Hill a total of 80 times. Two of the 135 participants completed the challenge individually, while the rest competed in teams. JEFF HARPER/METRO

### Bauer Street

## Charges loom after break-in

Charges are expected against a male youth after police say residents arrived home to find a burglar in their house on Sunday morning.

The break-and-enter took place in the 2100 block of Bauer Street in Halifax just after 11 a.m.

The thief fled the home when he saw the homeowners, police say. A short foot pursuit with police followed.

The suspect was eventually arrested in the area of Halifax Common and police say charges of break-and-enter are anticipated.

METRO

# 'My biggest fear is of him being rejected,' says father

**Awareness.** Nova Scotia man raising a son with Down syndrome wants people to think twice before using the R-word

Robb Scott has learned a lot from his son Turner and hopes a YouTube video will educate others as well.

The Greenfield, Queens County, resident and his wife, Kelly, are raising three

children; one of them has Down syndrome.

And while there are many blessings and challenges, one of the most difficult things is when three-year-old Turner is treated differently because of his disability.

The first exposure to such an incident occurred this summer in Masstown near Truro when a child playing near Turner said, "Oh, this kid is weird, let's get away from him."

It's a moment Scott knew

### Quoted

"I think it has made a difference in some small way. If I change one mind, that's good."

Robb Scott

would happen and is something he fears will recur in the future when Turner is old enough to understand its meaning.

"My fear is if someone calls him a 'retard,' what do I say? My biggest fear is of him being rejected."

Those experiences and fears ultimately led to Scott posting his thoughts on Facebook about the devastation that comes when people use the derogatory word.

"The response was good. Some said, 'It had me in

tears' and I thought I really touched people."

Scott then posted a YouTube video called Breakin Labels — The R Word, which is a three-minute, 20-second clip of Scott's spoken-word poetry, written for his son. It had more than 6,700 views as of this weekend.

He posted it to remind people that a special-needs child is "normal" in many ways and to encourage people to consider how their words impact others.

"I didn't want to be lec-

turing. I'm not telling you not to say the word 'retard,' but I'm saying it does hurt people when you say it. I just want people to be more aware," said Scott, admitting before Turner was born, he too uttered the word "without thinking anything of it."

"Ninety-nine per cent of people don't use it to hurt (anyone), but when you are on the other side of it, you start thinking about what you are saying."

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## Suspicious. Disappearance of Halifax woman remains a mystery 22 years later

Police continue to investigate the disappearance of Leslie Anne Katnick, 22 years after she was last seen in Halifax.

On Nov. 4, 1991, Montreal police received a missing-person report for Katnick, 25, from her father. She had been living on Rosedale Street in Montreal until Nov. 1, which was the last time she was seen by her friends and family.

An investigation by Halifax police's major-crime unit revealed Katnick had registered at the Halifax YMCA on Nov. 2 for "several nights" and returned the key on Nov. 4.

Her bank card was used in Halifax on Nov. 2. Police say they have no further information on her whereabouts.



Leslie Anne Katnick  
POLICE HANDOUT

The circumstances of Katnick's disappearance are suspicious, and police say foul play may be involved. **METRO**

## A lemon. Broken-down vehicle leads to charges

Five people are facing charges after police came across a broken-down vehicle, which they later determined was stolen.

Police saw the vehicle near Dartmouth Crossing around 7:30 p.m. Friday and were told by the people on site a tow truck was coming.

Believing the situation was suspicious, police checked the vehicle on its information system and learned it was stolen.

One man, two male youths and two female youths were arrested on scene and are facing possession-of-stolen-property charges. **METRO**

## Arrested. Knife-wielding man threatens store clerk

No one was injured after a man with a knife robbed a Dartmouth convenience store over the weekend.

A man entered the Needs convenience store on Prince Albert Road at 1:30 a.m. Saturday, produced a knife to the clerk and demanded cash.

He fled with an unknown

amount of money and then tried taking the same cab he arrived to the store in. However, the cab driver refused to take him, and the suspect fled on foot towards Celtic Drive.

Police were called and officers found the suspect, who was arrested with the stolen money. **METRO**

### Near Prospect

#### Legion hall robbed

Police are investigating after a legion hall south of Halifax was robbed early Saturday morning.

The Mounties say two men wearing black masks, dark hoodies and blue jeans entered White's Lake Royal Canadian Legion near Prospect shortly after midnight. No one was hurt during the incident. **METRO**

### Annapolis Valley

#### Weekend crash kills woman

A 66-year-old woman is dead after crashing her vehicle in the Annapolis Valley over the weekend.

Police say officers were called to a single-vehicle collision on Ben Phinney Road in the community of Forest Glade around 2 a.m. Saturday.

**THE CANADIAN PRESS**



A part-time pastor at Timberlea Baptist Church has resigned after being charged with possessing and accessing child pornography. JEFF HARPER/METRO

# Pastor charged with child-porn offences

**Timberlea Baptist Church.** Aaron Kenneth Hudgins has resigned from position with the church



HALEY RYAN  
haley.ryan@metronews.ca

A part-time pastor at a Baptist church in HRM has resigned after being charged with possessing and accessing child pornography.

In July, police say the integrated child exploitation unit began investigating al-

legations that a local man was in possession of child pornography. Two searches were conducted Friday morning at a residence on Sprucevale Drive in Timberlea, and a business on Oxford Street in Halifax.

Police say computer equipment was seized during both searches and a man was arrested without incident during the Timberlea search.

Aaron Kenneth Hudgins, 30, has been charged with one count each of possessing child pornography, and accessing child pornography.

A spokesman for the Convention of Atlantic Baptist

Churches says Hudgins was working part-time as a pastor at the Timberlea Baptist Church, but he hadn't been ordained yet.

Peter Reid, the executive minister of the convention, said the church will conduct its own investigation into the allegations against Hudgins. A message to church members was posted on their website Friday.

"We are deeply shocked and saddened by this news, and (its) impact on this community," the statement said. "Immediate action was taken, and Aaron has resigned from his position at Timberlea Baptist Church.

### Court date

- Aaron Kenneth Hudgins is scheduled to appear in Halifax provincial court on Dec. 10.

Please be in prayer for the church, and his family."

Hudgins has been released from custody under conditions to not communicate with anyone under the age of 18, not possess a device able to access the Internet and not be within 25 metres of a place frequented by children.

**WITH FILES FROM THE CANADIAN PRESS**

## Homeless shelter in works for Berwick

A Nova Scotia pastor is making plans to establish an outreach program and shelter in Berwick in the wake of a homeless man's death in the community last month.

John Andrew said the Kentville-based ministry hopes to hold a public meeting this week to discuss the idea.

After Harley Lawrence's death Oct. 23 on the streets

of the small town where he had lived for many months, Andrew said many people have expressed an interest in finding ways to address homelessness and mental health issues in their communities.

"Many people are upset or embarrassed about this happening in their town," he said, adding he hopes the upcoming meeting will provide an opportunity for

### Speaking out

- John Andrew is also co-ordinating a session for Harley Lawrence's family to speak publicly about their loss. So far, they have been largely silent.

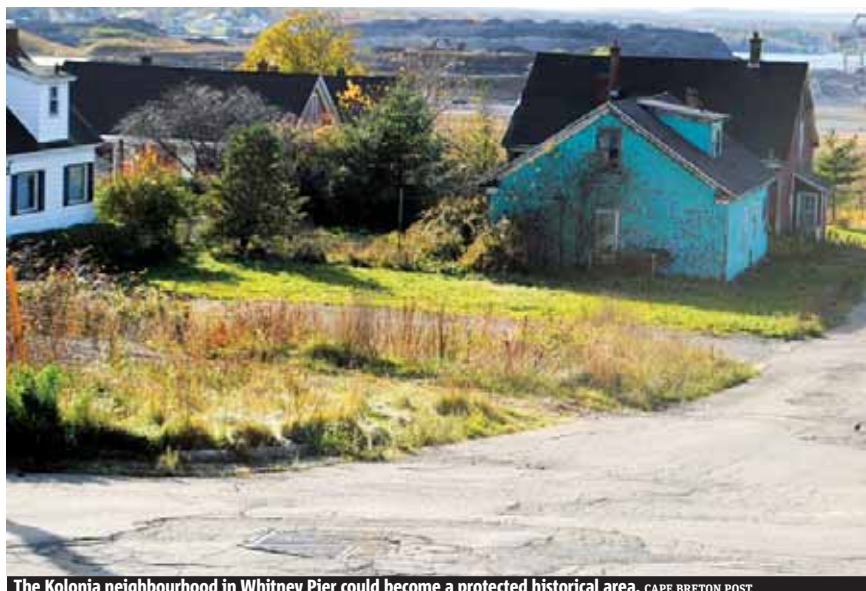
their energy and concern into something positive."

While Open Arms' policy is to work mostly with churches to offer support to people who are struggling with homelessness, Andrew said he plans to meet with Berwick town council in the near future.

"We want them to be part of the dialogue," he said.

**KENTVILLE REGISTER**

the community to "project



The Kolonia neighbourhood in Whitney Pier could become a protected historical area. CAPE BRETON POST

# Whitney Pier block may become heritage site

**Kolonia.** Area considered for conservation once housed workers for nearby Sydney Steel

One square block tucked away next to the edge of the former Sydney Steel plant property is under consideration for a heritage conservation district.

If enough residents agree, the area of Whitney Pier known as Kolonia could become the second protected historical area in the Cape Breton Regional Municipality.

Last Tuesday, the municipality's heritage advisory commit-

## Years of negotiations

The only CBRM heritage conservation district in the north end of Sydney took several years to establish due to negotiations to exempt a few properties from the stringent regulations set out by heritage planners.

tee recommended to council a public participation process should go ahead to gauge the interest in the neighbourhood for such a designation.

"In this case, it's a heritage conservation district for a fairly small area of Whitney Pier with a fairly small number

of property owners," CBRM heritage officer Rick McCready told the committee members. "Presumably, a public participation process could be one or two public meetings with those property owners to try to determine whether they want this."

The rapidly growing steel industry in Sydney in the early 20th century drew thousands of people to the Sydney area. Most settled within walking distance of the steel plant, as the area became the most culturally diverse neighbourhood east of Montreal.

If council approves a public consultation process it would start early in the new year.

CAPE BRETON POST

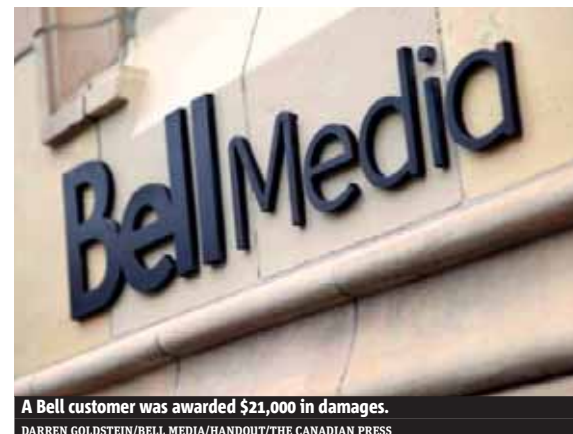
# Court: Bell violated N.S. man's privacy rights

The Federal Court of Canada has awarded a Nova Scotia man \$21,000 in damages after a judge ruled cable giant Bell acted in a "reprehensible" fashion when it checked the man's credit history without permission, violating his privacy rights.

Judge Michael Phelan said not only did Bell violate Rabi Chitrakar's rights, the company also demonstrated no interest in offering compensation and later failed to take the court proceedings seriously.

"Bell is a large company for whom a small damages award would have little material impact," says the judgment released this week. "Chitrakar spent a considerable period dealing with the Bell bureaucracy and in pursuing his claim. These factors suggest that a damages award should not be minimalistic."

Bell spokesman Albert Lee issued a statement suggesting Bell's policy "was unclear to the customer," but Lee's email didn't say what policy he was referring to.



A Bell customer was awarded \$21,000 in damages.

DARREN GOLDSTEIN/BELL MEDIA/HANDOUT/THE CANADIAN PRESS

Lee also said the company apologized and waived all fees when it learned about what happened. Lee declined a request for an interview, saying he was not the "subject matter expert."

"There was absolutely no confusion (on) my part," Chitrakar said in an email.

"I've worked in (the) banking sector for almost a decade and I know when we can order credit checks on

customer. Bell in no way ... sought my permission for a credit check nor advised me that I could have opted out from a credit check by making a \$200 deposit."

Chitrakar said he was satisfied with the judgment.

"But I had hoped that it could go a little further so companies like Bell take privacy intrusion of people a little more seriously."

THE CANADIAN PRESS

## The good stuff

### Premium items boost NSLC's sales, profits

Nova Scotia Liquor's sales and profits rose slightly in the second quarter of this fiscal year, an increase it attributes to more customers buying premium products.

The Crown corporation says it earned \$66.8 million between July 1 and Sept. 29, \$200,000 more than last

year. It's also reporting \$169 million in sales, up \$1.4 million from last year's second quarter.

CEO Bret Mitchell says the volume of alcohol being sold has declined by more than 3.5 per cent since 2010, but more customers are choosing to buy premium products at a higher cost.

Mitchell says the success of Nova Scotia wines has also boosted wine sales by 7.8 per cent.

THE CANADIAN PRESS

## Neptune Theatre

### George Pothitos to stick around for 3 more years

George Pothitos is staying put.

The artistic director for Neptune Theatre has agreed to a new three-year contract which keeps him in Halifax through to 2017.

Pothitos became artistic director at Neptune in 2008. METRO



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# Ford sorry for drunkenness but says he's no drug addict

**The show does go on.** T.O. mayor says he will explain contents of the video if it's released

Toronto Mayor Rob Ford acknowledged Sunday that he has made mistakes — including being “hammered” in public — but left unanswered questions about the alleged crack video.

“I’m the first one to admit I am not perfect. I have made mistakes,” Ford said on his weekly radio show.

“Unfortunately, I cannot change the past; I can just move forward and learn.”

Ford apologized to his family, city council and Toronto taxpayers. He said he was referring to being inebriated in public and texting while driving.

Ford didn’t discuss the contents of the video that allegedly shows him smoking crack.

“When the video is released, I’m going to explain to the best of my ability what’s in the video,” said Ford, who asked Po-

lice Chief Bill Blair to release it.

But when the scandal first broke in May, Ford insisted there was no video at all.

Ford said later Sunday in an interview that he does not have a drug addiction problem.

“I’m not an addict of any type of drug — even alcohol,” he told radio station AM640.

Blair said Thursday that the video will be evidence against Alexander Lisi — a friend of the mayor. Police allege Lisi tried to get his hands on the video and charged him with extortion.

Toronto police said Sunday that it is up to the courts to decide whether evidence is released to the general public.

There have been repeated accounts of Ford appearing intoxicated in public. On Sunday he acknowledged getting “hammered” during a street festival last summer.

At the time, Ford downplayed his behaviour, saying in August that he didn’t do anything offensive and that videos of him appearing intoxicated were blown out of proportion.

THE CANADIAN PRESS



Toronto Mayor Rob Ford appears on his NewsTalk 1010 radio show on Sunday. MARK BLINCH/THE CANADIAN PRESS

## Perspectives

**“Whatever this video shows, folks, Toronto residents deserve to ... judge for themselves.”**

Toronto Mayor Rob Ford, asking police to release the video to the public.

**“I would urge my colleagues to (give Ford a chance) to show that ... in fact he has learned his lesson.”**

Deputy Mayor Norm Kelly

**“I think ... he’s making a mistake and he should step down until it’s resolved or charged.”**

Toronto resident Mike Dukelow, adding that the scandal is damaging the city’s reputation.

## Another CN Rail train jumps tracks, less than 100 km from last crisis

There has been another derailment of a CN Rail train, this time near the hamlet of Peers in west-central Alberta.

A news release from Yellowhead County says 13 cars were involved — 12 carrying lumber and one tanker with sulphur dioxide.

The county says the sulphur dioxide is categorized as a dangerous-goods cargo, but added that the tanker wasn’t leaking.

Yellowhead County says its fire chief went to the scene but that CN didn’t ask for assistance because there wasn’t a fire or any immediate safety concerns for residents.

The derailment is less than 100 kilometres from the scene of last month’s train disaster in Gainford,



Investigators and workers go over the scene of a CN train derailment west of Edmonton, near Peers, Alta., on Sunday. JASON FRANSON/THE CANADIAN PRESS

in which roughly 100 residents were forced from their homes.

Rail cars laden with pet-

roleum products caught fire, and it took days for the fires to burn themselves out. THE CANADIAN PRESS

## Surreal battle. Neighbours fight off polar bear attack

Mitch Paddock was at a friend’s house in what’s known as the polar-bear capital of the world early Friday when he heard a woman scream.

He ran outside and saw his neighbour, who he and others have identified as Bill Ayotte, on the ground being mauled.

“He was on his back; the bear was right on top of him with both paws,” Paddock said Saturday from Churchill, Man.

Ayotte had run out to help the woman, Paddock said. He explained that the man hit the animal with a shovel, giving the woman time to flee.

But then Ayotte was the one in serious trouble.

Paddock said he raced into his house to grab a shotgun that shoots fire-cracker shells, which are designed to scare wildlife. He said many people in Churchill have them.

He ran back to the scene in his socks and began firing, but the bear remained undeterred.

“Another neighbour ... was throwing shoes,” he said. “One of my neighbours was standing on the deck in his underwear, shooting at him, too.

“Eventually I hit him in the side with one of these cracker shells, and ... he ran away.”

## Mauling

**“It was pouncing on him. That’s what polar bears do.... He was kind of jumping on Bill’s chest.”**

Witness Mitch Paddock

But the bear only ran a few metres before resuming the attack. At that point, Paddock said the neighbour who was also shooting jumped into his pickup truck and drove up to the animal while honking the horn. That eventually drove the bear away, he said.

Police said Ayotte, 69, suffered lacerations and was taken to hospital in stable condition. The woman, who police said was 30, was in the same state.

Manitoba Conservation said they fatally shot two bears. A spokesman said it’s not normal practice to automatically shoot bears, but that’s what the situation required. THE CANADIAN PRESS

## Age of consent

**Vatican changes — progress or PR?**

While Vatican City amended its criminal code in July to raise the age of consent to 18, has anything really changed?

Previously, the Vatican had the lowest age of consent in Europe — 12 — and a record of child sex-abuse scandals. Pope Francis overhauled the criminal code, in part to comply with international treaties.

Now, sex with a person under the age of 18, prostitution or possession of child porn can be punished by up to 12 years in prison.

Critics say this hasn’t changed anything and is a feel-good gesture to help generate positive headlines.

The Vatican also made it a crime to leak information about criminal activity to anyone outside the church — punishable by up to eight years in prison.

VAWN HIMMELSBACH/FOR METRO

# White House, lawmakers say 'no clemency' for Snowden

**A 'terrible idea.'** The NSA analyst-turned-whistleblower made the plea in a letter saying 'speaking the truth is not a crime'

The White House and the leaders of the intelligence committees in Congress are rejecting National Security Agency-con-

tractor Edward Snowden's plea for clemency.

"Mr. Snowden violated U.S. law," White House adviser Dan Pfeiffer said Sunday about the former systems-analyst-turned-fugitive who has temporary asylum in Russia.

"He should return to the U.S. and face justice," Pfeiffer said, adding when pressed that no offers for clemency were being discussed.

Snowden made the plea in a letter given to a German polit-

ician and released Friday. In his one-page typed letter, he asks for clemency for charges over allegedly leaking classified information about the NSA to the media. "Speaking the truth is not a crime," Snowden wrote.

Snowden's revelations have led to calls by allies to cease such spying, and moves by Congress to overhaul U.S. surveillance laws and curb the agency's powers.

But the head of the Senate Intelligence Committee said

if Snowden had been a true whistleblower, he could have reported it to her committee privately.

"That didn't happen, and now he's done this enormous disservice to our country," said Democratic Sen. Dianne Feinstein. "I think the answer is no clemency."

The chairman of the House Intelligence Committee, Rep. Mike Rogers, called clemency for Snowden a "terrible idea."

THE ASSOCIATED PRESS



In this image made from TV taken in September and made available by the Rossiya 24 TV channel on Friday, Edward Snowden looks at a photographer on a boat during a trip on the Moscow River. LIFENEWS/ROSSIYA 24/THE ASSOCIATED PRESS



## The new reality for runners after Boston Marathon bombings

A counterterrorism police officer uses a metal-detecting wand at a security checkpoint near the finish line of the 2013 New York City Marathon on Sunday. The race, which was cancelled last year due to Superstorm Sandy, saw increased security in the wake of the April bombings at the Boston Marathon, with much of Central Park barricaded off and fans waiting in bag-check lines to get in. KATHY WILLENS/THE ASSOCIATED PRESS

## Gunmen kill dozens in Nigeria wedding attack

Suspected Islamic militants attacked a wedding convoy in northeast Nigeria, killing more than 30 people, including the groom, a government spokesman said Sunday.

Military spokesman Lt. Col. Muhammed Dole said only five people were killed in Saturday's attack on the highway between Gama and Gwoza towns in Borno state that runs alongside forests

known as a hideout of Islamic militants of Boko Haram.

But a minibus taxi driver said he passed many bodies on the road near Firgi village, where the wedding ceremony took place Saturday.

"We saw a lot of dead bodies killed by gunshots and some by the roadside that appeared to have been slaughtered" with their throats slit, the driver, identified as

Shaibu, said Sunday.

Adamawa state spokesman Ahmad Sajoh said the wedding fatiha, the official Muslim ceremony, had taken place in Firgi village in neighbouring Borno state and the groom and guests were driving home to Adamawa when they were attacked.

Last week, suspected extremists attacked a military checkpoint in the same area

and witnesses said they killed at least four security force members and made off with army vehicles, weapons and ammunition.

Attacks continue in northeast Nigeria more than five months after the government declared a state of emergency and flooded three states that cover one-sixth of the country with troops and police officers. THE ASSOCIATED PRESS

## LAX shooting. Suspect says he had no help except ride to the airport

The 23-year-old gunman charged in a deadly shooting at Los Angeles International Airport told authorities at the scene that he acted alone and had been dropped off at the airport by a friend, a law enforcement official who has been briefed on the investigation said Sunday.

Authorities do not believe the friend knew that Paul Ciancia, the man charged in the attack, planned to open fire inside LAX's Terminal 3 just moments later, killing one Transportation Security Administration officer and wounding four others, said the official, who is not au-

### Capital offence

Federal prosecutors charged Ciancia on Saturday with murder of a federal officer and committing violence at an international airport. The charges could qualify him for the death penalty.

thorized to speak publicly about the investigation and requested anonymity.

Ciancia was dropped off in a black Hyundai and was not a ticketed passenger. He was able to respond to investigators' questions at the scene Friday, the source said. THE ASSOCIATED PRESS

### Wisconsin

## 2 planes carrying skydivers collide; all jump to safety

Two planes carrying skydivers collided in midair Saturday evening in northwest Wisconsin, but all the parachutists were able to jump free with no major injuries reported.

Mike Robinson, an instructor and safety adviser for Skydive Superior, said he and four others were preparing to jump from a lead plane when a trailing plane hit their craft, causing a fireball and shearing off the craft's right wing.

THE ASSOCIATED PRESS

### Chicago

## A peek under an escalator reveals a little alligator

A small alligator found under an escalator at Chicago's O'Hare airport has left authorities puzzled.

A worker discovered the foot-long alligator on Friday, police spokesman Jose Estrada said Sunday. An officer captured the reptile by putting a trash can over it.

"We don't know where it came from or how long it'd been residing in the airport facilities," Estrada said. "It's one of those random incidents."

THE ASSOCIATED PRESS

## 'Absolutely open.' Bank of Canada may put woman on currency ... next time

Bank of Canada governor Stephen Poloz says he is "absolutely open" to the idea of putting an identifiable woman back on Canada's currency, but that will have to wait until the next roll-out of bills.

The central bank has taken heat from women's groups for removing the so-called Famous Five, relating to the Supreme Court case that recognized women as persons, from the \$50 note in the most recent roll-out of polymer bills.

Poloz acknowledges he had a weighty petition with

### Patience is a virtue

Poloz unveils the last of the current series — the \$5 and \$10 notes — on Thursday.

- "I know people may find (the lack of women) disappointing ... but let's think of that as the next big idea ... for the next series."

22,000 signatures plunked on his desk recently drawing his attention to the omission.

THE CANADIAN PRESS



The new \$50 bill, released in 2012, drew ire for removing the so-called Famous Five. The Bank of Canada governor says he is "absolutely open" to the idea of putting an identifiable woman back on Canada's currency. THE CANADIAN PRESS FILE

### Following bad press

## EBay apologizes, quickly removes Holocaust items

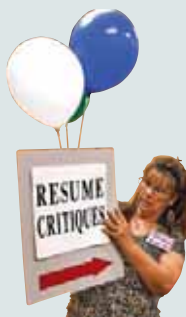
Online auction site eBay has apologized after a newspaper found apparent Holocaust memorabilia, including the clothes of concentration camp victims, being offered for sale.

THE ASSOCIATED PRESS

### Random biz fact of the day

## 5-7 sec.

Recruiters spend an average 5-7 seconds looking at a CV. BEHIRING/NEXCAREER



JUSTIN SULLIVAN/GETTY IMAGES



Starbucks is expanding its Teavana "tea bars," which currently include 59 Canadian locations. Our tea consumption is expected to rise 40 per cent by 2020, driven by an interest in health and wellness. NATHAN DENETTE/THE CANADIAN PRESS

# Care for a spot of carbonated tea?

## Brewing up change.

Companies such as Starbucks are cashing in on the resurgence of tea, opening cool 'tea bars'

Your grandmother's favourite beverage has found a new life with retailers who say tea is destined to become the next sought after sip for Canadians bored with the same old cup of coffee.

Whether it's the traditional Earl Grey or fancy variations, like carbonated teas, or tea-infused alcoholic drinks, the number of options for afternoon tea is growing at a stunning pace.

"Like wine, people are en-

### Steeped in tradition

"Canada has always been a hot tea drinking country because of our British past."

Louise Roberge, president of the Tea Association of Canada, a lobbyist group for the industry

gaged by the complexities and the intricacies of tea," said Keith Howlett, an analyst with Desjardins, who watches trends in the retail industry.

"It's a familiar beverage and I think that's opened up possibilities."

During the past few years, more tea shops have established a quiet presence in neighbourhoods across the

country, relying primarily on word of mouth to entice new customers, but the buzz is about to become much louder as Starbucks tries to grab a taste of the fervour.

Last month, the Seattle-based coffee chain opened its first "tea bar" in New York City, a symbolic step towards expanding its Teavana store base. The company made the biggest acquisition in its history last year when it spent \$620 million US to acquire about 300 Teavana stores, including 59 locations in Canada.

The rollout could find a particularly receptive audience in Canada, where tea is the fifth most popular beverage, with nearly 10 billion cups drunk each year, according to Statistics Canada. THE CANADIAN PRESS

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Alan Coley Sheriff for Halifax County	



## Douglas Coupland

Douglas Coupland is a Canadian novelist, visual artist and designer. His first novel, published in 1991, was *Generation X: Tales for an Accelerated Culture*. He has published 13 novels, a collection of short stories, seven nonfiction books, and a number of dramatic works and screenplays for film and television. Douglas Coupland's novels and visual work synthesize high and low culture, web technology, religion, and changes in human existence caused by modern technologies.

Douglas Coupland's latest novel, *Worst. Person. Ever.*, is available from Random House Canada.



### All work, low pay

#### Health and dental? Dream on, you part-time workers

The service industry has the highest level of temp jobs that are considered "precarious employment," according to a report called *Untapped Potential: Creating a Better Future for Service Workers*, by the Institute for Competitiveness & Prosperity and the Martin Prosperity Institute.

Part-time work that pays less than \$24,000 a year, "precarious employment," makes it tough to get ahead. Sometimes juggling more than one job, in positions such as cashiers, taxi drivers and health-care aides, few of these routine service workers receive health or dental benefits or have access to retirement pension plans, the report notes. **TORSTAR NEWS SERVICE**



GETTY IMAGES

# Temp Enlivens Life-Sucking Meeting

I've learned over the years that the fastest way to turn an office to a grinding halt is simply to write 'broken' on a piece of paper, and tape it onto the photocopier. Staffers walk to the machine, see the sign, feel momentarily inconvenienced, and then glow inwardly when they realize they can blamelessly return to their cubicle and play FreeCell and trawl the Internet for Russian dash-cam car accident gifs.

Greetings. My name is Shannon. I'm a temp, but more than that, I'm the future of employment in the Western world. Sure, you may have a job right now, but one day you'll be me, roving from gig to gig, no medical, no dental, no anything else except the pleasure of not having to kiss ass or put up with imbeciles or care much about things like, say, life-suckingly boring meetings of the sort I sit in on at Taylor, Wagner & Kimura Filter Systems. TWK's owners are systematically moving the company to China and everyone knows it. Pretty much once a day someone

at TWK is given the axe while I, as temp goddess, casually buff my nails or stalk Facebook looking for unflattering photos of the popular kids I used to go to high school with. There used to be a full-time receptionist but she went on mat leave. So here I am. Temp!

Dan Wagner (the Danimal) who co-owns TWK understands my devil-may-care, low-commitment attitude. Like today when he called

**My name is Shannon. I'm a temp, but more than that, I'm the future of employment in the Western world.**

me in from the front. "If it's OK, young Shannon here is going to take notes on today's meeting." Dan always winks at me, which is slightly pervy but technically not actionable as harassment.

The Three Sarahs roll their eyes when Dan brings me in. Yes, you read that correctly: Sarah from Marketing, Sarah from Ecommerce Strategy and Sarah from Systems. Don't get me going.

So when the meeting invariably turns into an inevitable miasma of fear and crushed dreams Dan will say, "Shannon, give us a lift, why don't you. What's your random fun fact of the day?"

Today's fun fact: "Well, Dan, what country on Earth has the world's lowest age of consent?" This question was just racy enough to ensure that even the Sarahs listened in.

"What country would that be, Shannon?"

"The Vatican. The age of consent there is 12."

Even the Sarahs reacted to that one.

### Random fact of the day

#### Women really are shoeaholics!

- In the Western world, the average man owns 12 pairs of shoes, while the average woman owns 27.



SOURCE: TIME.COM

"Seriously?"

"12?"

Everyone whipped out their gadgets and dog piled onto Wikipedia. "Wait," said Sarah Number Two, "I think it might actually be 14."

"Well," said Dan, "The 13-year-olds over there must certainly be sleeping easy tonight. Shannon, thank you for bringing joy and knowledge to our universe. Phelps, you are good."

I am.

TO BE CONTINUED...

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# SENATE SCANDAL COULD BE WIN-WIN

Could it be that our very own Sen. Mike Duffy — if he can call P.E.I. home without having lived there for decades, surely we can tag the Round Mound of Sound for Amherst's CKDH radio a Nova Scotian for his 1960s stint as a disc jockey and news reporter there — will succeed in doing what decades of NDP policy wonks have failed to do?

Bring down the Senate of Canada.

And, perhaps, a prime minister in the bargain.

It would be a delicious irony if Duffy — who liked to be called “The Senator” long before he was one, who lobbied Liberal and Tory governments for his appointment to the chamber of entitled-to-their-entitlements and whose journalism career ultimately became one long suck-up, appoint-me-please job application/supplication — should go down in history as the architect of its demise.

Even more delicious if Stephen Harper — who began his polit-



**URBAN COMPASS**  
**Stephen Kimber**  
halifax@metronews.ca

ical career as a Reform-party Senate reformer and who, as prime minister, refused to appoint any of his own until the 2008 faux threat of a Liberal-NDP coalition prompted him to name his own Gang of 18 in order to outvote the Liberals on the Senate floor — should be brought down by a Senate scandal of his own making.

Harper's 18 new senators included Duffy, Pamela Wallin and Patrick Brazeau, the three at the heart of the current expenses scandal.

Harper didn't appoint Wallin and Duffy, both high-profile broadcasters, for their lifelong support of the Conservative party, of course, but so they could trade on their public personas to fill party coffers.

Which worked until it didn't.

Those same public personas have not only given the expenses scandal marathon legs but also offered the disgraced senators an Everest-high pulpit from which to fight back after Harper decided to disappear them.

## High profiles, high stakes

Those same public personas have not only given the expenses scandal marathon legs but also offered the disgraced senators an Everest-high pulpit from which to fight back after Harper decided to disappear them.

While Duffy will almost certainly lose his battle against expulsion this week, he will have succeeded in exposing the seamy, smarmy underbelly of Harper's PMO.

That — coupled with an expected Supreme Court ruling keeping the constitutional bar for Senate reform unachievably high — just might force Harper into a channel-changing popular referendum on Senate abolition.

Which may be enough to force an end to the Senate, but not enough to save Harper.

Win-win. Thanks, Mike.



## Contest winner's ears must have been ringing



COURTESY ALEXANDER WHISTLERS

### Capturing a sense is part of the challenge

Alexander Whistlers, of Russia, is one of this year's global grand winners of Metro's Photo Challenge with his submission of the child musician. This year's challenge entailed capturing a sense. Whistlers and another

Photo Challenge winner will join sponsor Reach for Change on a life-changing trip to Ghana, West Africa. There they will meet Change leaders — local heroes improving life for children.

The photos taken during the expedition will be published worldwide in Metro. **METRO**

### Listen up

“When you see a real good picture, you can feel it in your stomach. This is the one I felt from the texts in the background to the colour of the boy's face.”

Urban Brädhe, contest judge

### What else?

Visit [metronews.ca](http://metronews.ca) for more photo contest submissions.

And check here tomorrow to view the second global winner.



CONTRIBUTED

## WE ACT: CANADA DOES GOOD

Hope Blooms in north-end Halifax

Across the nation in our neighbourhoods, Canadians are up to a whole lot of good. Here's one we'd like you to meet:

**Who:** Jessie Jollymore (pictured), 54, green-thumbed go-getter

**Where:** Halifax

**What:** Hope Blooms, a youth-led community garden

**Why:** “When you change the way you look at things, the things you look at change,” says Jollymore.

Jollymore saw potential in a trash-filled lot of the public housing project of Uniacke Square. With chicken wire, donated seedlings and a five-hose line connected to a kitchen sink, she mobilized nine youth from the low-income neighbourhood to set up a community garden. Today, the volunteers of Hope Blooms are local leaders and expert farmers, producing more than

2,000 pounds of communal crops annually.

**What inspired you to get started?** “I felt that if there was something growing that the youth felt was their own, it may change things. We didn't know what we were doing at first. I basically had to search, ‘How do you plant things?’ But we kept digging until we had over 3,600 square feet and a greenhouse.”

**What motivates the work you do every day?** “These youth were bullied in school, picked on because of where they live. But they changed the way they see themselves — as business people, as change-makers — and people outside the community are changing the way they see the kids.”

“There's an old saying that, ‘It takes a village to raise a child,’ but sometimes the children raise the village.”

CRAIG AND MARC KIELBURGER

### WE WANT TO HEAR FROM YOU:

Send us your comments: [halifaxletters@metronews.ca](mailto:halifaxletters@metronews.ca)

Fan fic



## The Making of Star Wars

By: J. W. Rinzler

Kindle/Books

.....



### MIND THE APP

Kris Abel  
@RealKrisAbel  
scene@metronews.ca

"He had an underlying current of sensual hostility," says George Lucas as Harrison Ford whoops and hollers in hearing himself described that way, one of many recently recovered audio and video clips featured in this enhanced ebook that explores the fascinating early days of Star Wars, when Luke was a girl, Han Solo was black, and Obi-Wan was a Japanese Samurai.

Box office

## Ender's Game the weekend winner

Ender's Game scored the No. 1 slot at the weekend box office, earning \$28 million in its opening weekend and sending Jackass Presents: Bad Grandpa into second place, according to studio estimates Sunday. Paramount's candid-camera comedy starring Johnny Knoxville brought in another \$20.5 million in its second weekend.

THE CANADIAN PRESS

# Need to illustrate your status update?

**There's an app for that.** When words aren't enough, Bitstrips supplies toons for your tales

### ANDREA PARK

Metro World News in New York

If you've been spending time lately on Facebook (and who among us hasn't), you may have noticed cartoon versions of your friends popping up on your news feed from an app called Bitstrips. The app was released in 2012, but the company only came out with iPhone and Android updates in September. Now, the personalized comic app is exploding on Facebook, with more than 11 million downloads since its December 2012 launch.

Bitstrips allows you to interact with your friends through social media using comic messages and visual status updates. Here are five things you need to know about the most popular free app on iTunes right now:

#### 1. Bitstrips is Canadian

"We've been completely overwhelmed by the enormous response," said CEO, creative director and co-founder Jacob Blackstock (a.k.a. BA). "We're ecstatic that this new way to express yourself online is capturing people's imagination in the way that it has."

Even though Bitstrips



Andrea is sucking on a sour patch kid getting ready for the night.

Metro writer Andrea Park tries out Bitstrips. CONTRIBUTED



Bitstrips has more than 11 million downloads since December 2012. CONTRIBUTED

first rose to prominence in Canada, the app has taken off around the world, from Europe to Latin America. It's

even been adopted by the Ontario school system for use in classrooms across the province.

#### 2. You are the star

You can completely customize your avatar on Bitstrips, from adding in a wheelchair to changing the size of your pupils. You can then add your character into preset Bitstrips scenes; you can share these on Facebook or make greeting cards with them.

#### 3. Your friends can join you in the comic strips

If your friends are on Bitstrips with their own avatars, you can add them into your own comic strips for fun, pre-set scenarios like, "Jane finally bores John to death," with a comic of John leaving on a stretcher while Jane chats away.

#### 4. You need to have Facebook to use Bitstrips

Like it or not, if you want to use Bitstrips you have to be game for letting the app post your comics on Facebook. You can change the privacy settings of your Bitstrips so your Facebook friends don't see them, but they do get sent to your profile. The strips are meant to be used in lieu of a Facebook status or wall post, like, "John is excited to be going on vacation."

#### 5. You can change the Bitstrips scenes

While the background and positioning of the avatars will stay the same in given Bitstrips scenes, you can change facial expressions and text to make the strips your own.

For more info, visit bitstrips.com. WITH FILES FROM VAWN HIMMELSBACH

# 2 SCENE

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Justin Bieber. ALL PHOTOS GETTY IMAGES

## At least he's not peeing in a bucket — Bieber caught leaving brothel

They grow up so fast.

Just days after allegedly spending the night with a prostitute in Panama, Justin Bieber was caught by photographers sneaking out of a brothel in Brazil, according to Page Six. As one of his security guards sprayed photographers with water in an effort to ward them off, others hurried the 19-year-

old Canadian pop star out the front entrance hidden under a sheet bearing the logo of the brothel — though one of Bieber's many tattoos was clearly visible. Bieber and a friend reportedly spent three hours at the establishment, Centauros in Rio de Janeiro, before leaving with two women and returning to his hotel.

# METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

### The Word

## The sky's the limit for Kanye's wedding



STARGAZING  
Malene Arpe  
scene@metronews.ca

Kanye West says he wants fighter jets at his and Kim's wedding. Not because he wants to be overly ostentatious but because it's pretty much the only way to keep Kris Jenner from selling off the rented flatware.

Keith Urban says that he and his wife, Nicole Kidman, sext each other about once a year. No one dares ask what they do every five years.

The actress who played Pippi Longstocking in a 1988 movie is now stripping in Las Vegas alongside Joslyn James, one of Tiger Woods' many mistresses. See, Jon Gosselin, there is always hope.

Kim Kardashian shares that, after the birth of her baby, "when I came back from the hospital the first thing I did was go and look at my vagina in the mirror. It looks better looking than before." #priorities #eek #heyhowyoudoing.



Tori Spelling describes Katie Holmes as a "plastic robot" who "can't sing." "You're super-mean, Tori, and it's not my fault," says Katie Holmes. "Tommy insisted he get custody of the music programming."

Miley Cyrus's 13-year-old sister Noah is photographed while she's driving a car. "I know. That was a terrible judgment on my part," says Billy Ray. "What parent in their right mind would let their daughter get photographed clothed?"

Lady Gaga sends long-time enemy Kelly Osbourne a birthday cake and Kelly responds with "eat my bleep." Katie Holmes and Tori Spelling agree that grown women feuding like teenagers is really embarrassing.



Miley Cyrus

## Miley getting over Hemsworth quick

Miley Cyrus appears to be moving on just fine after her split from ex-fiance Liam Hemsworth. The Wrecking Ball singer was spotted locking lips with Good Charlotte guitarist Benji Madden at Hollywood hot spot Bootsy Bellows on Halloween, ac-

cording to E! News. Cyrus was reportedly enjoying a girls' night out with Kelly Osbourne and about 10 other friends, but her attention turned to Madden when he arrived. They later left together with a group of friends.



Robert Pattinson

## No day break for Twilight stars

Robert Pattinson and Kristen Stewart met up last week, but fans hoping for a reconciliation will have to keep waiting.

The meeting between the

Twilight exes was reportedly "very platonic," a source tells TMZ. Their meeting was apparently just to discuss the two dogs they share, Bear and Bernie.

TOP SIX@6 Weeknights at 6 KB counts down the HOTTEST songs of the day

- 6 Drake Hold On, We're Going Home
- 5 Justin Timberlake TKO
- 4 Britney Spears Work Work
- 3 Katy Perry Roar
- 2 Lorde Royals
- 1 Miley Cyrus Wrecking Ball

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Housework

## It's all fun and games — and your house ends up clean

Are you finding it hard to get any amount of housework done with your busy toddler?

Give yourself twice (or three times) as long to do a normal task — like vacuuming or mopping

— and try to turn it into a game where your toddler can help you.

Strap him on your back and let him push the vacuum with you. Let him help you “wring out” the mop. Let him dry dishes.

Sure, you might make more of a mess along the way, but he'll enjoy being your sidekick, and your house will at least be cleanish.

JEN WARMAN OF YUMMYMUMMY-CLUB.CA



Trying to get things done around the house with a toddler can be a challenge, unless you involve him or her. iSTOCK

Exclusively online



Hannah Montana what have you done?! Find out why Miley means Mommy needs a cocktail with hilarious Metro content from Lyranda Martin Evans and Fiona Stevenson, authors of the bestselling book *Reasons Mommy Drinks*, at [metronews.ca/voices](http://metronews.ca/voices)



# The gift of not giving a thing

**A new approach.** One mom shares why she doesn't want any more presents for her kids

CHRISTELLA MORRIS

[YummyMummyClub.ca](http://YummyMummyClub.ca)

We're pretty lucky in our family. In May alone, I can cross off three out of four birthdays! Christmas and the fourth birthday are taken care of in December. This makes for a lot less time worrying about buying presents and a lot more time thinking about how much stuff we have. I really can't imagine having more things in my house. Toys, clothes, sippy cups, dirty dishes — we've got so much already.

I don't want to sound ungrateful for the amazing generosity of our friends and family because we're beyond thankful for all they've given us. But it's just so much. My boys really do not need another thing.

My favourite thing about presents is giving them. I spend extra time and care when giving so I know how difficult it can be to find that perfect gift.

But what if nobody gave my boys presents anymore? What if they only gave them gifts? The gifts of experience, adventure, and, more importantly, familiarity that they truly need.

So, before the start of the holiday season, I'm beginning a new tradition by asking that our friends and family offer experiences and time with our boys instead of money spent on them. Instead of buying my boys a toy lion, why not take one (or both) of them to the zoo to see a real one? Spending some time with a family member or friend would mean so much more to them than another toy.

Not a lot of time to give? What about contributing toward one of the shockingly expensive activities the boys participate in — piano, drum, guitar, swimming, dance lessons or soccer?

Don't have a lot of money? Hey, neither do we! No biggie. How about just spending some quality time with the boys? Set a day and take them to the park. Take one of them on a bike ride. Take one to the movies. Instead of investing in their toy collections, invest in your relationship with them.

We have a really good friend

who, back in May, couldn't make it to Cash's third birthday party. She said she wanted to drop off a present at another time and I said, “He really doesn't need anything, but we'd love a visit! Why not just take him and do something with him, just the two of you?” In the end she, her boyfriend, and their friend and her daughter went to the zoo with Cash and he loved it.

I always think about the what ifs. What if something happened to me? What if something happened to their dad? They've built strong bonds with some family members, but others are only seen on occasion and only for short periods of time.

Building relationships now with these family members and friends will only benefit them in the long run if something were to ever happen to us.

These are the things I think about, people. Deep, I know.

But seriously, if you're in our circle of friends or family, please don't buy my kids presents but instead give them the gift of your time and love. That's the only thing they need.

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# Start those 'staches: Movember marks 10 years of hairy upper lips

## Worldwide campaign.

Annual event contributes millions to research and encourages men to take control of their health

Movember celebrates its 10th anniversary this fall. That's a decade spent raising funds for and awareness of prostate and testicular cancer, along with highlighting men's health in general. Since its beginnings in Australia, this annual campaign has become the world's largest non-government-funded organization donating to prostate cancer research.

"Last year, we eclipsed our goal of one million participants worldwide and raised over \$147 million," says Mark Hedstrom, a spokesman for the annual fundraiser.

Movember is a simple, fun effort that works like



Famous folks with moustaches include, from left, Tom Selleck, Clark Gable, Salvador Dali, Richard Pryor and Ryan Gosling. GETTY IMAGES

this: Participants register online and sign up sponsors.

Then, on Nov. 1, the Movember men shave their faces clean and for the rest of the month grow a moustache. In Australia, the nickname for a moustache is a mo.

Despite the millions Movember puts into research, Hedstrom says an equally important goal

of the campaign is having men take control of their health.

"We want men to think November, then Movember, and then think about getting a health check and telling other men to get a check up," says Hedstrom.

Go to [ca.movember.com](http://ca.movember.com), hit Sign Up, and fill out your deets. It takes mere minutes to create a Mo Space page, where you can upload a profile photo, invite friends to register and donate, and set your personal URL you can send around. Join a team.

METRO AND NEIL  
MORTON/FOR METRO

## Facts you need to know about prostate cancer

- Prostate cancer is the most common cancer in Canadian men and the second-largest cause of male cancer deaths in Canada.
- Each year around 23,600 new cases are diagnosed in Canada and close to 3,900 Canadian men die of the disease every year.
- One in seven men will develop prostate cancer during his lifetime and one in 28 will die of it.
- If detected and treated early, there is a 95-per-cent survival rate associated with prostate cancer.
- The death rate has been declining significantly, by almost four per cent per year between 2001 and 2009 due to improved testing for prostate cancer and better treatment options.
- The chance of getting prostate cancer rises quickly after a man reaches age 50.

NEIL MORTON/FOR METRO

## Growing my first mo. I didn't bring sexy back, but I sure felt empowered

Last year, for the first time, I grew a mo' for Movember. I had no idea what it would be like to grow a moustache, but the reaction from friends, family, colleagues and strangers alike was fantastic.

Sure, my mo' looked a bit silly on me, as my wife and two daughters can attest — I didn't exactly bring sexy back — but it was a totally empowering experience.

For those who didn't know why I was growing my mo' (yes, there are still some folks who aren't familiar with Movember) it was a great chance to start a conversation and explain why I was doing it, and what the cause is all about — prostate-cancer awareness and men's mental health.

Participating makes you basically a walking billboard for men's health. Being my first time out, I decided to join a team. There's strength in numbers, and it pushes you to compete with your teammates for



Neil Morton shows off last year's Movember look. COURTESY NEIL MORTON

donations. It's also neat to see your collective total build up over the month. You can also create your own team, and become a captain. If you decide to grow a mo', don't be shy about asking for donations.

If you're trying it this year or considering, be proud of joining this global movement — the Movember effect. There's no better way to get men talking proactively about their health. NEIL MORTON/FOR METRO

## Men's health

### Prostate cancer 101: Symptoms and prevention

#### What is the prostate?

The walnut-sized prostate is a part of the male reproductive system. It adds nutrients and fluid to sperm, and is located in front of the rectum, right below the bladder.

#### What is prostate cancer?

Prostate cancer is a disease in which some prostate cells have lost normal control of growth and division. They no longer function as healthy cells.

#### Signs and symptoms of prostate cancer:

- Difficulty urinating
- Urgent need to urinate
- Frequent urination, especially at nighttime
- Burning or pain when urinating
- Inability to urinate or difficulty starting or stopping urine flow
- Painful ejaculation
- Blood in the urine or semen

#### Beware silent symptoms

Symptoms are not always present, especially in the early stages of prostate cancer. But if detected and treated early, your chances of survival are greatly increased. It's vital to get screened regularly so that if you do develop prostate cancer, the appropriate treatment can be taken.

#### Diet and lifestyle

- Men who have a low-fibre, high-fat diet have a higher rate of prostate cancer.
- A high body mass index (BMI) may increase your risk of prostate cancer.
- Being physically active is a good preventative tactic, along with losing weight and eating the right foods. Consuming lycopene (found in tomatoes and tomato products), soy, green tea and cruciferous vegetables (such as broccoli), may help to prevent prostate cancer. METRO



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\*The donation applies to registrations received prior to December 1, 2013. The total donation will be limited to the first 1,000 registrations, or to a maximum of \$5,000. With the purchase of any new Harley-Davidson® model from an authorized Canadian Harley-Davidson® Retailer, you will receive a free, full one-year membership in H.O.G.®. Always ride with a helmet. Ride defensively. Distributed exclusively in Canada by Harley-Davidson Canada, Richmond and Concord, The Bar & Shield logo, Harley-Davidson, and Harley are among the trademarks of H-D Michigan, LLC. © 2013 H-D.

# Bloody Mary isn't just a drink (or a ghost)

## Bloody Mary Chicken with Olive-Celery Tapenade



This recipe serves six. MATTHEW MEAD/ THE ASSOCIATED PRESS

There's a secret ingredient popping up in a diverse range of recipes.

Fish sauce, traditionally used as a flavour enhancer in Asian cuisine, is being added to dishes such as this Bloody Mary Chicken with Olive-Celery Tapenade.

1. In a zip-close plastic bag, combine the V8, fish sauce, Worcestershire, horseradish and cayenne pepper. Add the chicken, close the bag, squeezing out any air, then refrigerate and allow to marinate for 2 to 6 hours.

2. Meanwhile, prepare the tapenade. In a medium bowl, combine the celery, finely chopped green olives, lemon juice, garlic and peppers. Stir well and allow to sit for at least 1 hour at room temperature for best flavour. This

can be prepared ahead and refrigerated, then allowed to come to room temperature before serving.

3. When ready to cook the chicken, heat a grill to high.

Remove the chicken from the marinade and grill on well-oiled grates for 3 minutes per side, or until cooked through. Serve topped with the tapenade.

THE ASSOCIATED PRESS

### Healthy eating

## Choose it and lose it



ROSE REISMAN  
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Coffee and tea just go so well with pastries, but many are loaded with fat and calories.



### Starbucks blueberry scone

460 calories/ 22 g fat

Many of us are under the impression that a scone with tea is a light snack. It's actually one third of your calories and fat for the day!

### Equivalent

A Starbucks blueberry scone is equal in fat to six Eggo chocolate chip waffles.



### Starbucks croissant

310 calories / 18 g fat

Can you imagine that a buttery croissant has less calories than a scone? It's true.



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# Work wise: Don't let the temp be dropped

## Part-timer pointers.

If you don't want to be permanently pushed from your temporary position, avoid these workplace mistakes

VAWN  
HIMMELSBACH  
life@metronews.ca

More companies are turning to temps to help out during busy periods or fill in when an employee is sick or on vacation.

If you're looking for full-time work or a way to supplement your income, temping can be a great option.

But if you want to keep the temp jobs rolling in,

### Don't dress like a slob

- Even if you're not looking to turn a temping job into a full-time position, it's not a good idea to show up for work in a pair of sweats (unless, of course, you're going to spend the day painting).

- Temping can open doors to opportunities you hadn't considered, so it's important to dress for success.

here are five things you should avoid on the (temporary) job:

### Don't reorganize your co-worker's desk

If you're temping to fill in



Don't make a mess of this pending position. ISTOCK

for someone who's sick or on vacation, there's a good chance you'll be sitting at their desk. While it's okay to wipe cookie crumbs off the keyboard, the person who regularly sits there probably isn't going to appreciate it if you tidy up

their workspace or reorganize files on their computer (or leave your own cookie crumbs on their keyboard).

### Don't get involved in office politics

If you're temping on a regular basis for the same com-

pany, it's easy to get sucked into office politics.

Try your best to avoid gossiping about co-workers and getting involved in office dramas — one of the downsides of being a temp is that you're easily replaceable, so it's not in your best inter-

est to go around burning bridges.

### Don't use work time as personal time

It's OK to chat with your co-workers; after all, you're not a robot. But it's best to avoid compulsively checking Facebook, making personal calls or scanning job sites for full-time employment while you're on the clock — this sends a message to your temporary employer that you're not taking the job seriously.

### Don't compromise yourself

While you shouldn't waste your employer's time, you should also value your own. Some temps want to make a good impression by working through their unpaid lunch break or taking on tasks that are outside of the original temping contract.

If you burn out or get sick, you won't be able to keep working — and you don't have benefits or sick days to fall back on.

If you don't take care of yourself, no one else is going to do it for you.

### Avoid stirring the pot

One of the downsides of being a temp is that you're easily replaceable, so it's not in your best interest to go around burning bridges.



## Retirement Living Assistant - Full & Part Time

While Northwood is one of the largest, innovative and most progressive long term care facilities in Eastern Canada; it is also home to our **Retirement Living portfolio** which includes three independent apartment buildings, one floor of assisted living and an enriched program. We are looking for dynamic individuals to be part of our **Halifax Retirement Living team** and are currently accepting full and part-time applications for **Retirement Living Assistants**.

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- Safe Food Handling Course
- Hospitality/Customer Service training/experience is an asset
- Previous experience working with the seniors in a seniors living environment is preferred.
- Ability to work a schedule of flexible hours and shifts of days, evenings, weekends and holidays, (Note: last shift ends at 7pm)

**Closing Date:** November 15, 2013

If this exciting opportunity interests you, please submit your resume outlining your preference of full time or part time to:

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Northwood  
130 Eileen Stubbs Ave., Suite 1 South  
Halifax, Nova Scotia  
B3B 2C4

**Tel: (902) 454-3369**  
**Fax: (902) 454-3384**  
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*Northwood is proud to be an inclusive employer who encourages diverse applicants. We thank all applicants, however only those selected for an interview will be contacted.*



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AUS football

## Huskies to face nemesis Mounties in Loney Bowl

The Saint Mary's Huskies will face the Mount Allison Mounties for the Atlantic University Sport football title next Saturday.

The Mounties earned their spot in the Loney Bowl by beating the Acadia Axemen 19-10 in the league's semifinal game on Saturday. The Huskies topped the St. Francis X-Men 12-6 on Oct. 26 to finish the season in first place, earning them the right to host the Loney Bowl plus a championship game bye.

Kickoff is scheduled for 1 p.m. at Huskies Stadium. If the regular season is any indication, it will be a battle of offence versus defence. While the Huskies were the league's top defensive team, averaging a league-best 267.1 yards against per game, they also averaged a league-worst 16 points per game.

Meanwhile, the Mounties boasted the league's worst defence, forfeiting an average of 415.9 points per game, but averaged a league-best 20.8 points per game. **ANDREW RANKIN/METRO**

NHL

## Sens lose fifth straight, goalie carried off ice

Jordie Benn scored the game-winner in the shoot-out as the Dallas Stars defeated the Ottawa Senators 4-3 Sunday afternoon.

This game had a number of twists and turns, but perhaps the most disconcerting for the Senators was the sight of a motionless Craig Anderson.

With 1:32 gone in overtime, Anderson went down hard after being hit by Valeri Nichushkin. He was taken off the ice on a stretcher after he appeared to take a knee to the head.

Anderson faced 36 shots before Robin Lehner was forced into action. Lehner stopped two shots in overtime.

Antoine Roussel, Ray Whitney and Nichushkin scored for the Stars (6-6-2). Kari Lehtonen stopped 36 shots.

Bobby Ryan, Erik Karlsson and Jason Spezza scored for the Senators (4-7-3). **THE CANADIAN PRESS**



The Halifax Rainmen's Juluan Cooley, left, tries to get around the Brampton A's Zabas Evaldas at the Halifax Metro Centre on Sunday. **JEFF HARPER/METRO**

# Better still not good enough for Rainmen

**NBL.** Halifax puts in solid effort on Sunday but comes up short against Brampton A's to start season 0-2



**ANDREW RANKIN**

andrew.rankin@metronews.ca

Juluan Cooley left it all on the court Sunday afternoon, but the result was the same.

The Halifax Rainmen guard collected 20 points and added 12 assists and still saw his team lose its second straight game to start the season, a 99-91 defeat

at the hands of the Brampton A's before an audience of only about 300 fans at the Metro Centre.

It was a better performance than Friday's lacklustre 105-85 home-opening loss to the Saint John Mill Rats.

The Rainmen, who were out-rebounded 68-55, remained neck-and-neck with Brampton until the final minutes of regulation time. In the end, they were simply outthrust.

"We gave up a couple turnovers at the end and had a couple mishaps on defence," said Cooley. "It cost us."

The Rainmen dressed just eight players and were with-

out their starting point guard Cheyenne Gadson, who's nursing a minor neck injury suffered in Friday's loss.

"Cheyenne's a big part of our team," said Cooley, who filled in well for his injured teammate. "We look to him to make plays, to score. But that's not an excuse; we're still not executing like we can."

Now four games in, including two pre-season matchups, and the Rainmen are winless. Although frustrated with the start, Cooley said he's confident the team will be much better in the coming weeks.

Former Rainmen Cedric Moodie, who had 18 points and 10 boards for the A's, came

back to haunt his old team.

With just 3:06 to go in regulation time, Moodie hit a three to put the visitors up five points, a lead the Rainmen ultimately couldn't overcome.

"I loved my time in Halifax," said Moodie, who parted ways with the Rainmen after last season. "It was nice to be back and it just happened that shot, by the grace of God, went in."

Cavell Johnson paced Brampton with a game-high 28 points, while Stephen Sir led the Rainmen with 22 points to go with 10 boards.

The Rainmen hit the road Wednesday to take on the Ottawa SkyHawks.

## QMJHL. Record-setting Herd on a roll

The Halifax Mooseheads capped their record-setting road trip with another win on Saturday night.

A day after dismantling the Rouyn-Noranda Huskies 15-5 to set a new franchise record for goals in a single game, the Mooseheads gutted out a 4-2 victory over the Val-d'Or Forcés before 1,611 fans at the Centre Air Creebec.

"It's never an easy road trip to play back-to-back nights like we did," said Mooseheads head coach Dominique Ducharme. "They were two good teams.

They were two good character wins."

Jonathan Drouin broke a 1-1 tie with just over three minutes left in the opening frame. Luca Ciampini would add the game-winner just 2:09 into the third period. From there, the Mooseheads, who were outshot 41-25, managed to preserve the victory.

Ducharme said he was impressed with the focus his team showed after Friday's remarkable offensive showing, in which the Mooseheads scored six second-period goals and five

more in the third.

Kevin Darveau, who got a rare start in net for the Herd, responded with a 39-save performance for his third victory of the season.

The Mooseheads improve to 14-8, and remain in first place in the Maritime Division, six points ahead of the Charlotte-town Islanders, who lost 6-2 to the Moncton Wildcats on Sunday.

The Herd is back in action at home at the Metro Centre against the Wildcats on Friday at 8 p.m. **ANDREW RANKIN/METRO**



Jonathan Drouin **JEFF HARPER/METRO**



Flames goalie Reto Berra makes a save against the Blackhawks on Sunday night at United Centre in Chicago.

JONATHAN DANIEL/GETTY IMAGES

# Flames grind out a win in Windy City

**NHL.** Rookie backstop Berra shakes off jitters to end Calgary's woes in Chicago

Reto Berra had the jitters before his first NHL game. It just didn't show when he hit the ice.

Berra made 42 saves and Kris Russell scored at 1:32 of overtime, lifting the Calgary Flames to a 3-2 win over the Chicago Blackhawks on Sunday night.

"I was really nervous, but right before the game when I was sitting in here," Berra said, "I just said, 'Go out, play your game and have fun. You have nothing to lose.'

"I put that excitement and nerves into positive energy."

Russell's shot from the blue

line clanked off the crossbar and past Blackhawks goalie Corey Crawford, ending Calgary's 10-game losing streak in Chicago. The Flames won at the United Center for the first time since March 2008.

"I saw a body in front and tried to get a hard shot off," Russell said. "I don't think he's seen it. Fortunately it went in."

"The last few games we've played well but haven't got rewarded," Russell added. "Tonight, we had a grinder-style game. Especially coming into a barn like this, I hope we can grab some momentum off this."

Mike Cammalleri and Curtis Glencross scored in regulation for the Flames. Calgary's T.J. Galiardi missed on a second-period penalty shot.

Chicago's Marian Hossa scored a power-play goal with 4:19 left in the third period

## Around the NHL

• **Stars 4, Senators 3.** Jamie Benn scored in the shootout to power Dallas to the road win. Antoine Roussel, Ray Whitney and Valeri Nichushkin scored in regulation for the Stars (6-6-2).

• **Wild 4, Devils 0.** Josh Harding stopped 19 shots for the shutout as the Minnesota Wild beat the New Jersey Devils. Mikael Granlund, Torrey Mitchell, Dany Heatley and Jason Pominville scored for the Wild.

to tie it at 2. Patrick Kane also scored for the Blackhawks, who had won three in a row.

THE ASSOCIATED PRESS

## NBA

### Westbrook back in big way in OKC

After a six-month layoff, Russell Westbrook looked a lot like his old self.

The all-star point guard had 21 points and seven assists as the Oklahoma City Thunder, despite shooting 2 of 18 from three-point land, beat the Phoenix Suns 103-96 on Sunday night.

Kevin Durant had 33 points and 10 rebounds for the Thunder, who won their fifth straight home opener. THE ASSOCIATED PRESS

## NFL

### Texans coach taken to hospital at halftime

Houston coach Gary Kubiak collapsed leaving the field at halftime of the Texans' game Sunday night against Indianapolis and was taken by ambulance to a hospital.

Kubiak hunched over and dropped to his knees at the 24 yard line and was immediately surrounded by medical personnel. He was lifted off the field on a stretcher and taken by cart to the ambu-

lance.

The Texans didn't say what was wrong with Kubiak, but did say he didn't have a heart attack. The team said the 52-year-old coach, a former NFL quarterback who calls the team's plays, was conscious and was with his family as he was taken to the hospital.

Defensive co-ordinator Wade Phillips took over as coach. Up 21-3 when Kubiak collapsed, the Texans unraveled in the second half, falling 27-24 for their sixth straight loss after opening the season 2-0.

THE ASSOCIATED PRESS

## NHL

### EASTERN CONFERENCE

#### ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Tampa Bay	14	10	4	0	47	35	20
Toronto	15	10	5	0	48	36	20
Detroit	15	9	4	2	38	37	20
Boston	13	8	5	0	36	25	16
Montreal	15	8	7	0	41	31	16
Ottawa	14	4	6	4	42	47	12
Florida	14	3	8	3	28	49	9
Buffalo	16	2	13	1	26	49	5

#### METROPOLITAN DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	15	11	4	0	48	33	22
N.Y. Islanders	14	6	5	3	45	44	15
Washington	14	7	7	0	44	40	14
N.Y. Rangers	13	6	7	0	25	38	12
Carolina	14	4	7	3	27	44	11
Columbus	13	5	8	0	33	36	10
New Jersey	14	3	7	4	26	42	10
Philadelphia	13	4	9	0	21	37	8

#### Sunday's results

Calgary 3 Chicago 2 (OT)  
Dallas 4 Ottawa 3 (SO)  
Minnesota 4 New Jersey 0

#### Saturday's results

Anaheim 6 Buffalo 3  
Chicago 5 Winnipeg 1  
Colorado 4 Montreal 1  
Detroit 5 Edmonton 0  
Nashville 4 Los Angeles 3  
N.Y. Islanders 3 Boston 1

## MLS PLAYOFFS

### All Times Eastern

#### CONFERENCE SEMIFINALS (two-game, total-goals series)

#### EASTERN CONFERENCE

New York vs. Houston

Sunday's result — New York 2 Houston 2

Wednesday — Houston at New York, 8 p.m.

Kansas City vs. New England

Saturday's result — N.England 2 Kansas City 1

Wednesday — New England at K.C., 9 p.m.

#### WESTERN CONFERENCE

Portland vs. Seattle

Saturday's result — Portland 2 Seattle 1

Thursday — Seattle at Portland, 11 p.m.

Salt Lake vs. Los Angeles

Sunday's result — Los Angeles 1 Salt Lake 0

Thursday — Los Angeles at Salt Lake, 9 p.m.

### WESTERN CONFERENCE

#### CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Colorado	13	12	1	0	42	19	24
Chicago	15	9	2	4	52	42	22
Minnesota	15	8	4	3	38	34	19
St. Louis	12	8	2	2	44	29	18
Nashville	14	7	5	2	31	40	16
Dallas	14	6	6	2	37	42	14
Winnipeg	15	5	8	2	35	45	12

#### PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
San Jose	14	10	1	3	53	27	23
Anaheim	15	11	3	1	50	39	23
Phoenix	15	10	3	2	51	46	22
Vancouver	16	10	5	1	46	41	21
Los Angeles	15	9	6	0	43	40	18
Calgary	14	6	6	2	42	49	14
Edmonton	15	3	10	2	36	59	8

Note: Two points for a win, one point for an overtime/shootout loss.

N.Y. Rangers 5 Carolina 1  
Philadelphia 1 New Jersey 0  
Phoenix 3 San Jose 2 (SO)  
Pittsburgh 3 Columbus 0

Tampa Bay 4 St. Louis 2

Vancouver 4 Toronto 0

Washington 3 Florida 2 (SO)

#### Monday's games

All Times Eastern  
Anaheim at N.Y. Rangers, 7:30 p.m.  
Detroit at Winnipeg, 8 p.m.

## NFL

### WEEK NINE

#### Sunday's results

Carolina 34 Atlanta 10

Cleveland 24 Baltimore 18

Dallas 27 Minnesota 23

Indianapolis 27 Houston 24

Kansas City 23 Buffalo 13

New England 55 Pittsburgh 31

N.Y. Jets 26 New Orleans 20

Philadelphia 49 Oakland 20

Seattle 27 Tampa Bay 24

Tennessee 28 St. Louis 21

Washington 30 San Diego 24

#### Thursday's result

Miami 22 Cincinnati 20 (OT)

Monday's game — All Times Eastern

Chicago at Green Bay, 8:40 p.m.

## CFL

### WEEK 19

#### EAST

	GP	W	L	T	PF	PA	Pt
y-Toronto	18	11	7	0	507	458	22
x-Hamilton	18	10	8	0	453	468	20
x-Montreal	18	8	10	0	459	471	16
Winnipeg	18	3	15	0	361	585	6

#### WEST

	GP	W	L	T	PF	PA	Pt
y-Calgary	18	14	4	0	549	413	28
x-Saskatchewan	18	11	7	0	519	398	22
x-B.C.	18	11	7	0	504	461	22
Edmonton	18	4	14	0	421	519	8

x — clinched playoff berth; y — won division.

#### Saturday's results

Hamilton 37 Winnipeg 7

Edmonton 30 Saskatchewan 26

#### End of Regular Season

#### Friday's results

B.C. 26 Calgary 7

Montreal 23 Toronto 20

#### PLAYOFFS

#### Sunday, Nov. 11

Division Semifinals — All Times Eastern  
East — Montreal vs. Hamilton (at Guelph, Ont.), 1 p.m.

West — B.C. at Saskatchewan, 4:30 p.m.

## NBA

### Sunday's results

Detroit 87 Boston 77

L.A. Lakers 105 Atlanta 103

Miami 103 Washington 93

Minnesota 109 New York 100

Oklahoma City 103 Phoenix 96

Orlando 107 Brooklyn 86

#### Saturday's results

Dallas 111 Memphis 99

Golden State 98 Sacramento 87

Houston 104 Utah 93

Indiana 89 Cleveland 74

New Orleans 105 Charlotte 84

Philadelphia 107 Chicago 104

Portland 115 San Antonio 105

Toronto 97 Milwaukee 90

#### Monday's games — All Times Eastern

Golden State at Philadelphia, 7 p.m.

Minnesota at Cleveland, 7 p.m.

Boston at Memphis, 8 p.m.

Houston at L.A. Clippers, 10:30 p.m.

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November 4

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For those without a Metro, the forecast calls for "I dunno" with a slight chance of "huhhh?"

metro

## Horoscopes

### ♈ Aries

March 21 - April 20

A financial or business matter demands your attention – not next month but right now. If you have not got it sorted by the time Mercury turns direct next weekend it could cost you.

### ♉ Taurus

April 21 - May 21

Offer to meet others halfway today and they will jump at the chance. Be open about what it is you desire and encourage others to be honest about their desires too.

### ♊ Gemini

May 22 - June 21

Don't waste time on trivial things or petty vendettas. On the work front especially you have important tasks to complete. Get serious about your ambitions.

### ♋ Cancer

June 22 - July 23

If you are planning on doing something out of the ordinary then you had better be quick about it. By this time next week circumstances will have changed so get it done.

### ♌ Leo

July 24 - Aug. 23

It should be obvious to you by now that a plan of some sort is not going to amount to much, so junk it and focus on something new. By the end of the week you will be working on something different.

### ♍ Virgo

Aug. 24 - Sept. 23

Few things in life are black and white and with Mercury, your ruler, still moving retrograde no doubt the whole world looks gray. Never mind. A week from now everything will be sweetness and light again, so smile!

### ♎ Libra

Sept. 24 - Oct. 23

Maybe something drastic will happen in your personal life to set you on a new course, or maybe your way of looking at the world will change – either way this will be a week of major developments.

### ♏ Scorpio

Oct. 24 - Nov. 22

Because Mercury is moving retrograde through your sign be careful not to let your mind fool you. It won't be until the 10th, when Mercury moves in your favour again, that you begin to see clearly.

### ♐ Sagittarius

Nov. 23 - Dec. 21

Usually you are upfront about what you think and feel but for some reason you are reluctant to let others know what's going on in your heart. Maybe it's because you're not fully sure yourself.

### ♑ Capricorn

Dec. 22 - Jan. 20

Someone is being less than honest and you must make it your business to find out exactly where and why they are trying to trick you.

### ♒ Aquarius

Jan. 21 - Feb. 19

You want to talk to someone in a position of power but you can sense that now is not the right time, and you are right. A week from now is the right time so be patient.

### ♓ Pisces

Feb. 20 - March 20

Try not to let slip facts that rivals might be able to use against you. Pisces is such a trusting sign that you sometimes say more than you should. Think self-preservation. **SALLY BROMPTON**

## Crossword: Canada Across and Down

### Across

1. Operatic soprano Ms. Gluck  
5. Tennis great, Bjorn

9. Bob or Doug McKenzie  
14. Central places  
15. Thought  
16. Quebec-set flick, "Mon \_\_ Antoine" (1971)

17. Palm starch  
18. Sporty stuff  
19. Port city of Japan  
20. Unfortunately

22. Make supper  
24. Internet connection letters  
25. The Royal \_\_ Winter Fair, every November in Toronto

29. Ms. Streeper, to pals  
30. Inflated id  
31. St. \_\_, Ontario  
35. "\_\_, don't know." (Unsure reply)

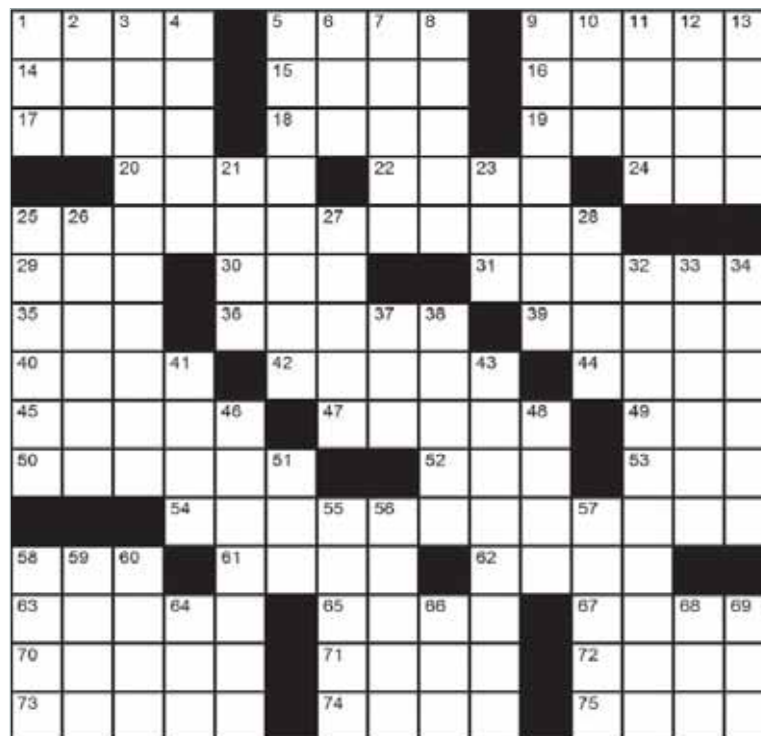
36. "Bolero" composer  
39. Hagar the Horrible's dog  
40. Trails  
42. Pave the road again

44. Knife part  
45. Book drawing, for short  
47. Coffee choice  
49. "\_\_, Wiedersehen!"

50. Antarctica penguin  
52. Tokyo, once  
53. Ms. Thompson of Back to the Future (1985)

61. The \_\_ In The Hall  
62. Sea of \_\_ (Black Sea arm)  
63. Queen's fave dog  
65. "Curses!"

67. Biblical peak



54. Employee 'gaining work experience' at a company: 2 wds.  
58. Assoc.  
61. The \_\_ In The Hall  
62. Sea of \_\_ (Black Sea arm)  
63. Queen's fave dog  
65. "Curses!"  
67. Biblical peak

70. NHL coach Mr. Vigneault  
71. Deodorant's pal  
72. Was aware  
73. \_\_ (Pronunciation-wise, first letter of 'Geneva')  
74. \_\_Dokie  
75. Rugged off-road rides, commonly

### Down

1. Mr. Pacino's  
2. Hawaii's Mauna \_\_  
3. Kate & Anna (Canadian singer/songwriter sisters)  
4. Garlic sauce  
5. "If I Had My Way" band from Toronto: 2 wds.

6. Poet's creation  
7. Respond  
8. Single-named singer from Sherbrooke  
9. Pipes like The Caterpillar's in Alice in Wonderland  
10. Green light switches  
11. Kind of fish

12. Caribou cousins  
13. Actual  
21. Computer firm  
23. Food scrap  
25. Aviator Ms. Earhart  
26. Actor Mr. McRaney  
27. Adored  
28. Isolated  
32. Team Figure Skating, a new \_\_ to debut at the 2014 Winter Olympics  
33. Quarrelling one  
34. The Vampire Diaries character  
37. Pre l'Automne month  
38. Straight-\_\_  
41. Star Trek role  
43. Glow  
46. How the Titanic spent its last moments alas  
48. Happy Days character, The \_\_  
51. Prefix meaning 'Over'  
55. Beef up: 2 wds.  
56. Singer/actor Chris  
57. Toy truck  
58. Wood sorrels  
59. Chocolate-coated caramel candy  
60. Tennis great Steffi  
64. "Be off!"  
66. Gladiator's 1051  
68. Ms. D'Angelo, to pals  
69. Painful expressions

## Friday's Crossword

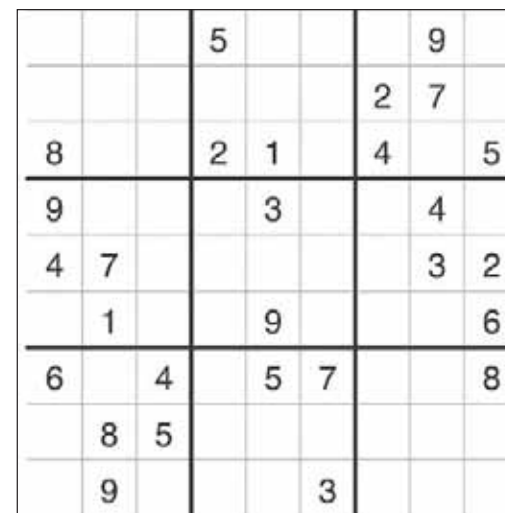


## Sudoku

### How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

## Friday's Sudoku



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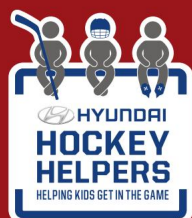
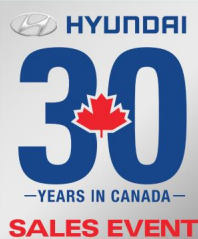
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**\$86** BW



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